Monthly Progress Record

Year	

Endurance, Lower Body, and Balance

You might want to make copies of this form. Leave this one blank, so you can copy it as needed. Fill out this form on the same day of each month. Compare your scores to see your improvement.

	January	February	March	April	May	June	July	August	September	October	November	December
Endurance Measure how far you are able to walk in 6 minutes. Use the same track and the same unit of measure each time.												
Lower Body Power Time how fast you can walk up a flight of stairs. Use the same stairs—at least 10 steps—each time.												
Balance Time yourself as you stand on one foot, then the other, without support, for as long as you can.												